



A DESCRIPTIVE STUDY TO ASSESS THE PARENTAL STRESS AND COPING STRATEGIES AMONG THE PARENTS OF NURSING STUDENTS IN SELECTED COLLEGE OF NURSING, NEW DELHI

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ABSTRACT

Introduction: Stress is a state of concern or mental strain carried on by an unpleasant circumstance. It is a natural human response that pushes us to tackle challenges. It has physiological and psychological impacts and can have both favorable and undesirable effect on us. The aim of the study is to assess the Parental Stress and Coping Strategies among the Parents of Nursing Students in selected college of nursing.

Methods: The current study was a descriptive study with quantitative research design. 63 parents of the nursing students (n=63) were included in this study. The baseline assessment of parental stress and coping strategies were assessed using Parental Stress Scale (PSS), Brief-Coping Orientation to Problem Experienced Inventory (BriefCOPE). The data collection was done through google form.

Result: The results revealed that the majority of the parents have moderate level of stress (84%), followed by low level of stress (11%) and rest (5%) have high level of stress. The mean and standard deviation of the overall coping scores was 2.32 ± 1.08 . The mean and standard deviation of the domains of coping were Problem-Focused Coping (2.79 ± 0.59), Emotion-Focused Coping (2.33 ± 0.46), and Avoidant Coping (1.84 ± 0.46). It was interpreted that most of the parents were using problem focused coping. There was a moderate positive relationship between parental stress and coping strategies, which implies that if parental stress increases coping strategies of the parents also tend to increase. There is a significant association of parental stress and coping strategies with the socio-demographic variables of the parents of the nursing students. The associations between the parental stress and socio-demographic variables of the parents of nursing students were educational qualification ($p=0.01$). The association of coping strategies among the parents of the nursing students was found with Age ($p=0.02$), Relation ($p=0.03$) and Occupation ($p=0.03$) of the parents of nursing students. There is a significant association of parental stress with the sociodemographic variables (age ($p=0.02$) and primary financial support for education ($p=0.03$)) of nursing students. There no significant association of the coping strategies and socio-demographic variables of nursing students.

Conclusion: The study reveals that majority of the parents of nursing students have moderate level of stress with positive coping. There was moderately positive relationship between the parental stress and coping strategies which suggests that parents tend to use more coping strategies when parental stress levels increases. It also reveals that socio-demographic variables also affect the parental stress and coping strategies of the parents of nursing students.

Keywords: Parental Stress; Coping Strategies; Students and Parents.

INTRODUCTION

Parental stress is a unique type of stress that occurs when a parent feels that the demands of parenting outweigh their resources. It is a kind of stress or distress that results from feeling that you are unable to meet the demands of parenting because you feel that the demands are too great for you to handle. It refers to stress that parents encounter from raising children as well as from their emotional discomfort, social and environmental situations, daily tasks, and other factors ⁽³⁾.

The process of raising children and supporting them as they grow into healthy adults is known as parenting. The process of fostering and assisting a child's intellectual, social, emotional, and physical growth from birth to adulthood is known as parenting.

When a parent believes that the demands of parenting surpass their resources, they experience a special kind of stress known as parental stress. It is a type of worry or anxiety brought on by believing that you are incapable of meeting the obligations of parenthood because they are too high for you to manage. It refers to stress that parents encounter from raising children as well as from their emotional discomfort, social and environmental situations, daily tasks, and other factors.

According to National Institute of Health, studies from the UK (2021) have reported the use of alcohol, tobacco, and drugs as common coping strategies adopted by medical students. In a study in Pakistan, sports, music, hanging out with friends, sleeping, or going into isolation were employed in coping with stress. Students in Nepal adopted active coping strategies (positive reframing, planning, acceptance, and active coping) rather than avoidant strategies (denial, alcohol/drug use, and behaviour disengagement). In a qualitative study of Malaysian students, common coping strategies adopted by students were regular exercise, praying, counselling or comedic practicing meditation, including yoga.

The need to examine stress and coping strategies in parents of first-year nursing students is increasingly relevant, given the rigorous academic demands and emotional challenges associated with nursing education. As students embark on this journey, they are met with heavy course loads, clinical placements, and the pressure to develop essential healthcare skills all of which can be overwhelming, especially during the initial year of study (Reeve et al., 2013) ⁽⁶⁾. For parents, witnessing their child experience such stressors can be distressing. Parental stress can arise from concerns about academic success, the financial implications of nursing education, and the potential safety risks associated with clinical training, particularly in healthcare environments with potential exposure to diseases. This unique stress for parents of nursing students often goes unaddressed, even though it can influence their own mental health, family dynamics, and the extent to which they can support their child's academic journey.

REVIEW OF LITERATURE

Liseth Beatriz Chandiu Huaman, Ronald M.Hernandez, M.Bravo Larre et al (2020) conducted a study to assess parental stress and coping strategies in parents of an educational institution in times of COVID-19. It was a descriptive correlation, with a non-experimental cross-sectional design. The sample consists of 108 parents. Tools were used „Parental Stress Questionnaire, and „Stress Coping Estimation Inventory“. The results show that active coping and positive reinterpretation-personal development are presented with the same frequency (18.5%), followed by the planning strategy. Parental stress levels belonging to the medium category is 67.5% and high category is 16.6%. The concluded that there is positive relationship between parental stress and coping strategies Masumbuko Albert Baluwa, Matthews Lazaro and Lucky Mhango et al (2021) conducted a descriptive cross sectional study to assess level of stress and coping strategies among Malawian Undergraduate nursing students. The sample consists of 102 students. Tools were used: Perceived Stress Scale, Adaptive Version of the Nurse Stress Scale and Brief Cope. Results showed that 54% (n=55) were male and 46% (n=47) were female. Most students (71.6%) were on government scholarships while the rest were self-sponsored.

METHODOLOGY

Research approach: In this study the quantitative research approach was used.

The research design selected for this study was quantitative descriptive research design to assess the Parental Stress and Coping Strategies among the Parents of Nursing Students.

Independent variable: Parenting style, socio- economic status of parents and number of child.

Dependent variables: Parental stress and Coping Strategies.

Research setting : The study was conducted in the Smt. Lakshmi Bai Batra College of Nursing via google form.

Population : The present study population comprised of the parents of B.Sc. (Hons.) nursing students of Smt Lakshmi Bai Batra College of Nursing

A sample is a condensed, controllable representation of a larger group. It is a subgroup of people with traits from a wider population⁽²³⁾.

The sample of present study are the parents of B.Sc. (Hons.) nursing 1st semester students.

Inclusion criteria

Parents of Undergraduate B.Sc. (Hons.) Nursing students of Smt. Lakshmi Bai Batra College of Nursing who are willing to participate.

Parents of B.Sc. (Hons.) Nursing 1st semester students who are present during the period of data collection.

Exclusion criteria

Parents of B.Sc. (Hons.) Nursing students who are not willing to participate in the study.

The total sample size for the present study was 63 parents.

Total enumeration technique was used to collect data from parents of 1st semester of B.Sc. (Hons.) nursing students of Smt. Lakshmi Bai Batra College of Nursing.

Tool no. 1: socio-demographic proforma

This tool consists of 2 parts:

Part 1.1: Socio-demographic profile of Parent

It consists of 13 items to depict the sample characteristics such as age, relationships with students, marital status, educational qualifications, occupation, family income, religion, number of children, type of family, type of residence, housing, any medical/psychiatric illness in the family and history of substance use (ANNEXURE VI).

Part 1.2: Socio-demographic profile of student

It consists of 3 items to depict the sample characteristics such as age, current living arrangement and primary financial support for education (ANNEXURE VI).

Tool no. 2: Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS) is widely considered the gold standard instrument for measuring stress perception. It was developed in 1983 by Cohen et al., for helping us understand how different situations affect our feelings and our perceived stress.

This tool is for monitoring the level of stress in parents of nursing students. The tool consists of 10 questions which have 5 options that are used to assess the level of stress among the parents of nursing students. Each option carries the specific score and these scores are added at the end and final score is used for interpretation (ANNEXURE VI).

Score	Level of stress
0-13	Low stress
14-26	Moderate stress
27-40	High perceived stress

This tool is now available for public domain.

Tool no. 3: Brief- Coping Orientation to Problem Experienced inventory (Brief- COPE).

It is developed by the Charles S. Carver in 1997 in the International Journal of Behavioral Medicine. This tool is for assessing the coping mechanism that is being used. The tool consists of 28 questions each having 4 options to assess the coping strategies that are being used. Each option carries the specific score and scores are presented for three overarching coping styles as average scores, indicating the degree to which the respondent has been engaging in that coping style.

The three overarching coping styles are outlined below.

Problem-Focused Coping

Emotion-Focused Coping

Avoidant Coping

In addition to the three overarching subscales, scores are presented for the 14 facets, which come under these three subscales (ANNEXURE VI).

Subscale	Facet	Statement no.
Problem – focused coping	Active coping, items	2 & 7
	Use of informational support	10 & 23
	Positive reframing	12 & 17
	Planning	14 & 25
Emotion – focused coping	Emotional support	5 & 15
	Venting	9 & 21
	Humor	18 & 28
	Acceptance	20 & 24
	Religion	22 & 27
	Self-blame	13 & 26
Avoidant coping	Self-distraction	1 & 19
	Denial	3 & 8
	Substance use	4 & 11
	Behavioral disengagement	6 & 16

This tool is now available for public domain.

RESULTS

Section I: Socio-demographic characteristics of the parents of nursing students and nursing students:

In this section, data of socio-demographic variables of the parents of nursing students and nursing students were presented. Categorical variables such as age of parents, relation with students, marital status, educational qualification, family income, number of children, type of family, type of residence, housing etc. were depicted in terms of frequency and percentage.

Table 1.a: Socio-demographic characteristic of the parents of nursing student
n=63

Variables	Frequency (f)	Percentage (%)
Age (in years) 35–39		
	11	17.50%
40–44	19	30.20%
45–49	23	36.50%
> 50	10	15.90%
Relation		
Father	31	49.20%
Mother	32	50.80%
Marital status		
Married	62	98.40%
Separated/Divorced	0	0%
Widow/Widower	1	1.60%
Education qualification No formal education		
	2	3.20%
Up to 5th std education	4	6.30%
6th to 12th standard	31	49.20%
Graduate	17	27%
Post graduate and above	9	14.30%
Occupation		
Private	8	12.70%
Government	16	25.40%
Self employed	14	22.20%
Unemployed	25	39.70%
Family income (Monthly)		
< 6293	4	6.30%
6294-18,858	16	25.40%
18,859-31,435	13	20.60%
31,436-47,034	6	9.50%
47,035-62,874	6	9.50%
62,875-12,2574	17	27%
12,2575 and above	1	1.60%
Religion		
Hindu	58	92.10%
Muslim	2	3.20%
Sikh	1	1.60%
Christian	2	3.20%
Other	0	0%

*Frequency, Percentage

Table 1.b: Socio-demographic characteristic of the parents of nursing student
n=63

Variables	Frequency (f)	Percentage (%)
Number of children		
1	4	6.30%
2	28	44.40%
> 2	31	49.20%
Type of family		
Nuclear	45	71.40%
Joint	18	28.60%
Type of residence Urban		
	45	71.40%
Rural	18	28.60%
Housing		
Own	53	84.10%
Rented	10	15.90%
Any medical/psychiatric illness in family		
Yes	10	15.90%
No	53	84.10%
History of substance use		
Yes	4	6.30%
No	59	93.70%

*Frequency, Percentage

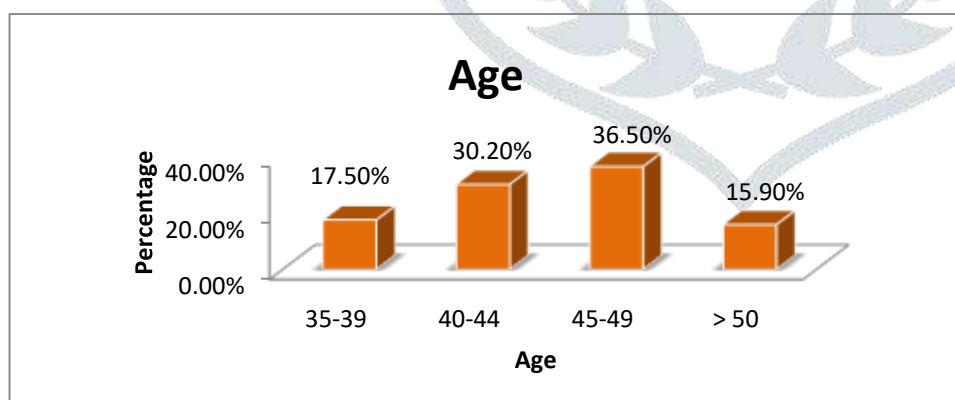


Figure 2: Bar diagram showing the distribution regarding the age (in years) of the parents of nursing students

The data presented in Figure 2 shows that out of 63 parents of nursing students 11 (17.50%) parents were in age group of 35-39 years, 19 (30.20%) were in age group of 40-44 years, 23 (36.50%) belonged to age group of 45-49 years and 10 (15.90%) belonged to age group of >50 years. Hence it depicts that majority (36.50%) of the parents of nursing students were in the age group of 45-49 years.

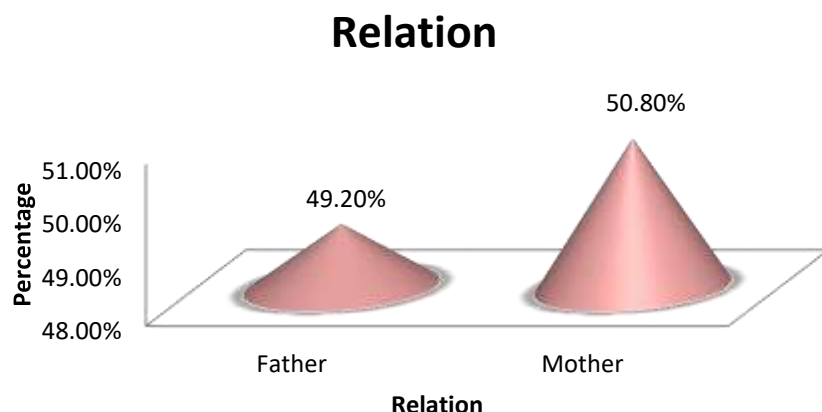


Figure 3: Conical diagram showing the distribution regarding the relation of the parents of nursing students. The data presented in Figure 3 shows that out of 63 parents of nursing students 31 (49.20%) parents were fathers and 32 (50.80%) were mothers. Hence it depicts that majority (50.80%) of the parents of nursing students were mothers.

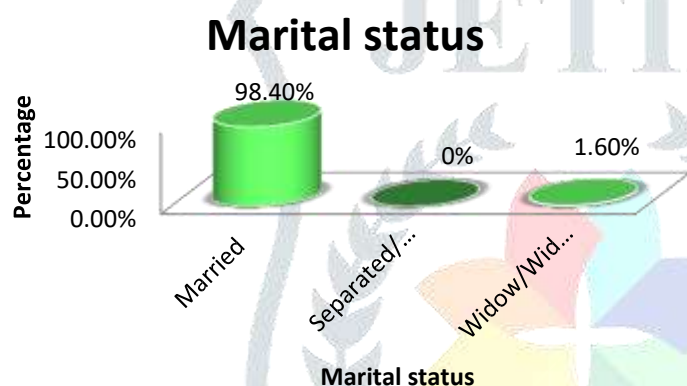


Figure 4: Cylindrical diagram showing the distribution of marital status of the parents of nursing students. The data presented in Figure 4 shows that out of 63 parents of nursing students 62 (98.40%) parents were married and 1 (1.60%) were widow/widower. Hence it depicts that majority (98.40%) of the parents of nursing students were married.

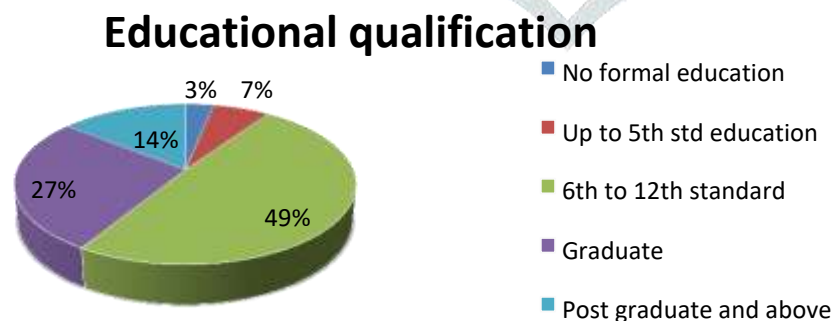


Figure 5: Pie diagram showing the distribution of education qualification of the parents of nursing students. The data presented in Figure 5 shows that out of 63 parents of nursing students 2 (3.20%) parents received no formal education, 4 (6.30%) received education up to 5th std, 31 (49.20%) had education between 6th to 12th standard, 17 (27%) were graduate and 9 (14.30%) were post graduate and above. Hence it depicts that majority (49.20%) of the parents of nursing students have education between 6th to 12th standard.

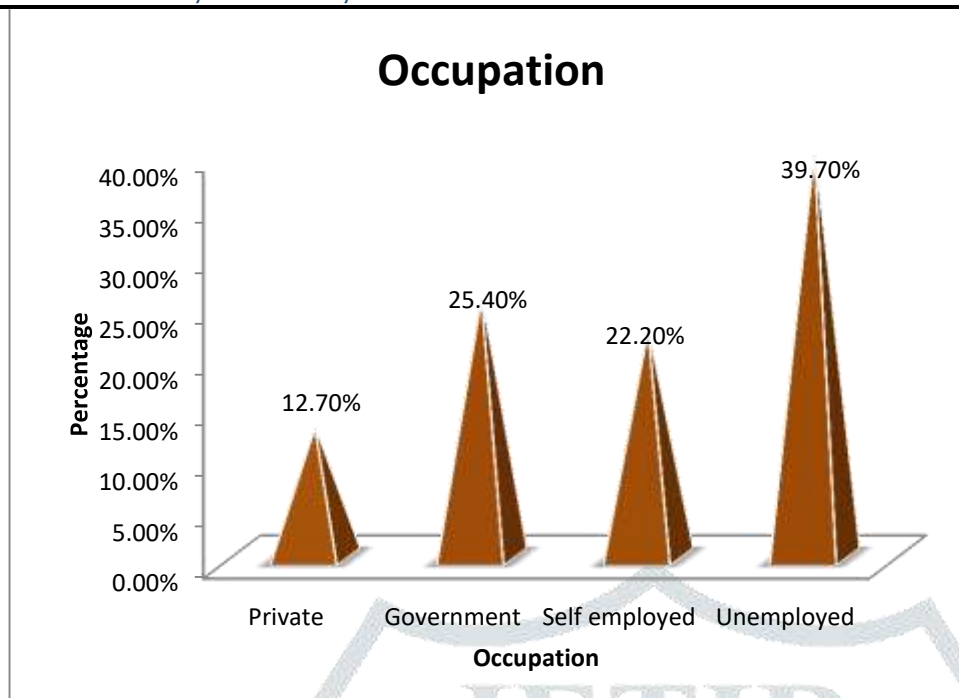


Figure 6: Pyramid diagram showing the distribution of occupation of the parents of nursing students
The data presented in Figure 6 shows that out of 63 parents of nursing students 8 (12.70%) parents worked in private sector, 16 (25.40%) were government employees, 14 (22.20%) were self employed and 25 (39.70%) were unemployed. Hence it depicts that majority (39.70%) of the parents of nursing students were unemployed.

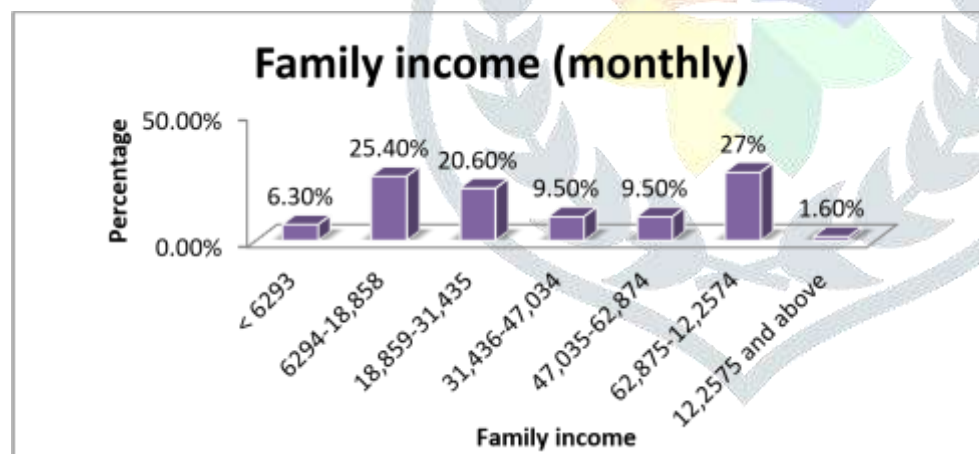


Figure 7: Bar diagram showing the distribution of monthly family income of the parents of nursing students

The data presented in Figure 7 shows that out of 63 parents of nursing students 4 (6.30%) parents have income <6293, 16 (25.40%) have income between 6294-18,858, 13 (20.60%) have income between 18,859-31,435, 6 (9.50%) have income in between 31,436-47,034, 6 (9.50%) have income in between 47,035-62,874, 17 (27%) have income between 62,875-12,2574 and 1 (1.60%) have income 12,2575 and above. Hence it depicts that majority (27%) of the parents of nursing students have income in between 62,875-12,2574.

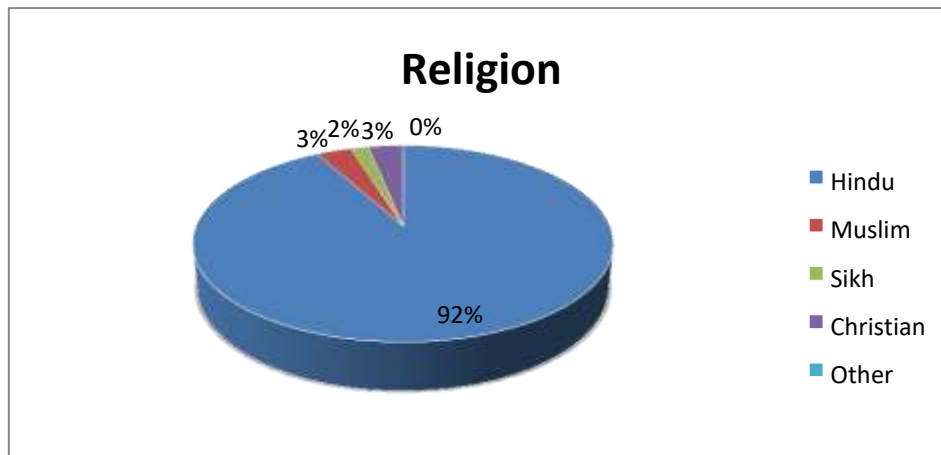


Figure 8: Pie diagram showing the distribution of religion of the parents of nursing students
The data presented in Figure 8 shows that out of 63 parents of nursing students 58 (92.10%) parents belonged to Hindu religion, 2 (3.20%) belonged to Muslim religion, 1 (1.60%) belongs to Sikh religion and 2 (3.20%) belonged to Christian religion. Hence it depicts that majority (92.10%) of the parents of nursing students Hindu.

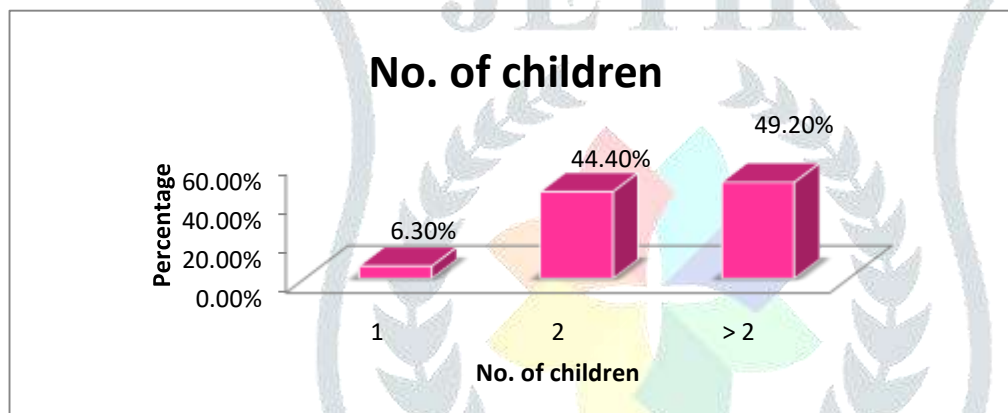


Figure 9: Bar diagram showing the distribution of no. of children of the parents of nursing students
The data presented in Figure 9 shows that out of 63 parents of nursing students 4 (6.30%) parents had only one child, 28 (44.40%) had two children and 31 (49.20%) had more than two children. Hence it depicts that majority (49.20%) of the parents had more than two children.

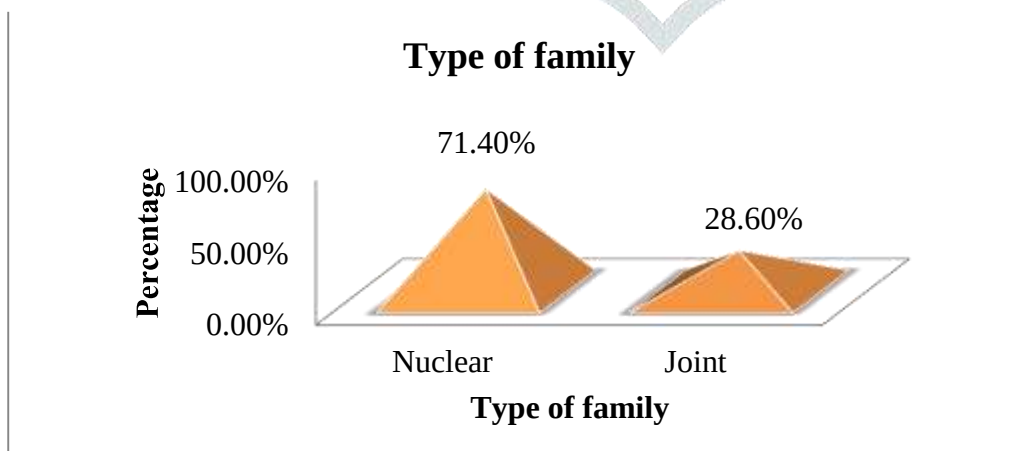


Figure 10: Pyramid diagram showing the distribution of type of family of the parents of nursing students

The data presented in Figure 10 shows that out of 63 parents of nursing students 45 (71.40%) parents lived in nuclear family and 18 (28.60%) lived in joint family. Hence it depicts that majority (71.40%) of the parents of nursing students lived in nuclear family.

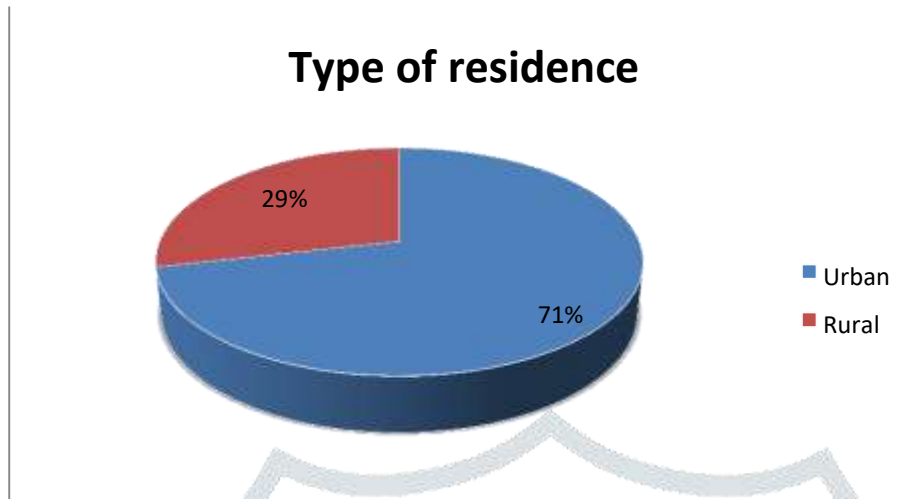


Figure 11: Pie diagram showing the distribution of type of residence of the parents of nursing students

The data presented in Figure 11 shows that out of 63 parents of nursing students 45 (71.40%) parents lived in urban area and 18 (28.60%) lived in rural area. Hence it depicts that majority (71.40%) of the parents of nursing students lived in urban area.

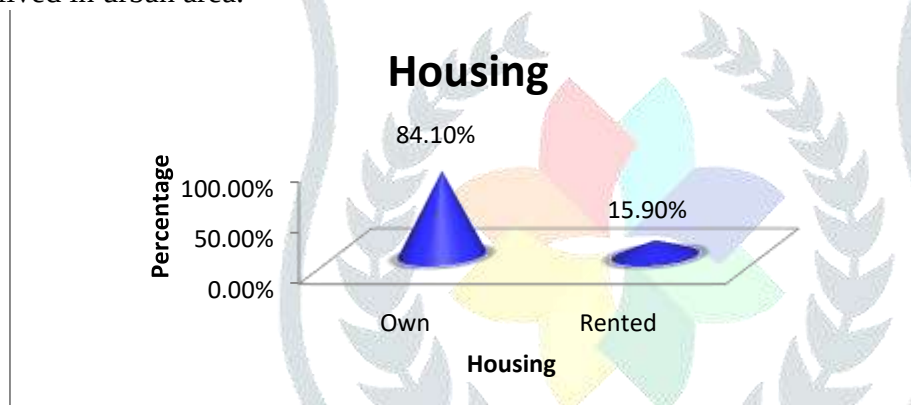


Figure 12: Conical diagram showing the distribution the housing condition of the parents of nursing students

The data presented in Figure 12 shows that out of 63 parents of nursing students 53 (84.10%) parents has their own house and 10 (15.90%) lived in rented house. Hence it depicts that majority (84.10%) of the parents of nursing students lived in their own houses.

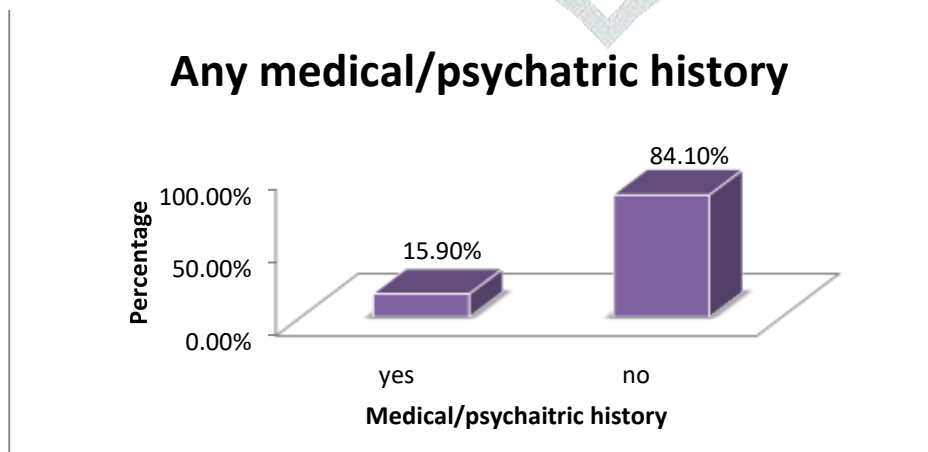


Figure 13: Bar diagram showing the distribution of any medical/psychiatric history of the parents of nursing students

The data presented in Figure 13 shows that out of 63 parents of nursing students 53 (84.10%) parents had no history of any medical/psychiatric illness and 10 (15.90%) had the history of medical/psychiatric illness. Hence it depicts that majority (84.10%) of the parents of nursing students had no history of medical/psychiatric illness.

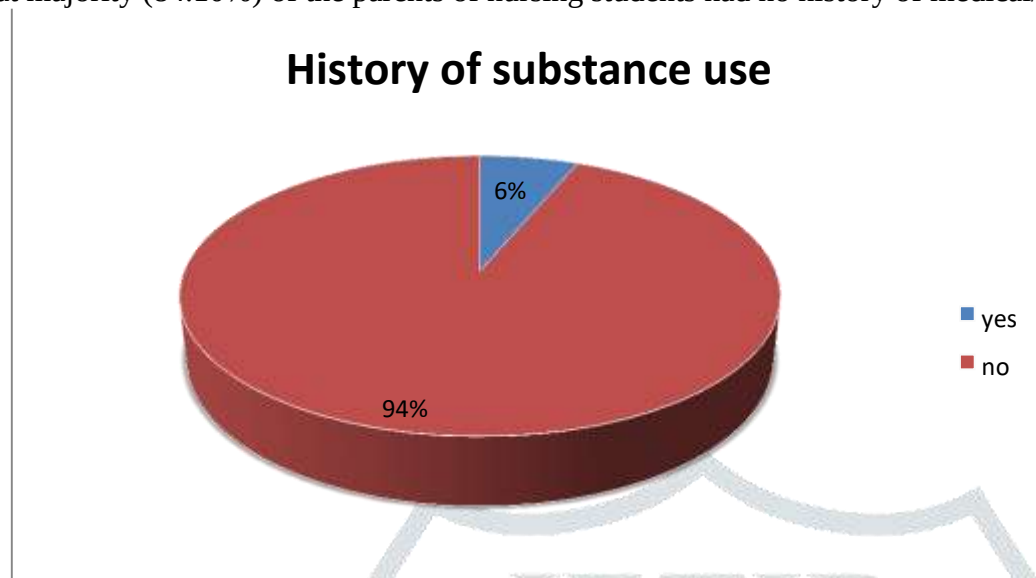


Figure 14: Pie diagram showing the distribution of history of substance use of the parents of nursing students. The data presented in Figure 14 shows that out of 63 parents of nursing students 59 (93.70%) parents had no history of any substance use and 4 (6.30%) had the history of substance use. Hence it depicts that majority (93.70%) of the parents of nursing students had no history of substance use.

Table 2: Socio-demographic characteristic of nursing student
n=63

Variables	Frequency (f)	Percentage (%)
Age (in years) 17–20		
	48	76.20%
21–25	15	23.80%
26–30	0	0%
> 30	0	0%
Current living arrangement		
Hosteller	51	81%
Day scholar	12	19%

Primary financial support for education
Family support

	45	71.40%
Scholarship	5	7.90%
study loan	1	1.60%
option 1 and 2	4	6.30%
option 2 and 3	1	1.60%
option 1 and 3	4	6.30%
option 1, 2 and 3	3	4.80%

*Frequency, Percentage

As depicted in Table 2, most of the students were in the age group of 17–20 years (76.20%) and was primarily living in hostels (81%). The majority of the students primary financial support for education is family (71.40%).

Section II: Analysis based on the objectives of the study

In this section, the data on Parental Stress Scale and Brief – COPE were presented. In this mean, SD, chi square and p value were calculated.

Objective 1: To assess the Parental Stress and Coping Strategies among the parents of nursing students

Hypothesis H₀₁: Parents of nursing students experience a high level of stress. Table 3: Assessment of Parental Stress of the parents of nursing students

n=63

Level of stress	Frequency (f)	Percentage (%)	Mean	SD
Low stress	7	11%	-	-
Moderate stress	53	84%	-	-
High stress	3	5%	-	-
Overall Parental Stress Mean ± SD	-	-	19.44	1.13

*Frequency, Percentage, mean, standard deviation

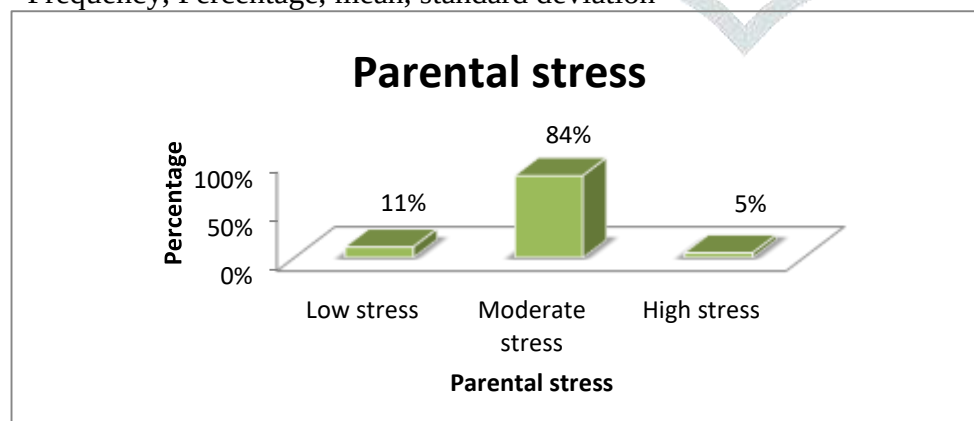


Figure 15: Bar diagram showing the distribution of parental stress among the parents of nursing students

As depicted in Figure 15 shows that out of 63 parents of nursing students 7 (11%) parents had low parental stress, 53 (84%) of parents had moderate level of parental stress and 3 (5%) had high level of parental stress. Hence it depicts that majority (84%) of the parents of nursing students had moderate level of parental stress.

It can be interpreted that the parents of nursing students have moderate level of stress. Hence the null hypothesis is accepted and alternate hypothesis is rejected.

Table 4: Assessment of coping strategies of the parents of nursing student

n=63

Variable	Frequency (f)	Percentage (%)	Mean	SD
Domain 1 (Problem focused)	54	85.71%	2.79	0.59
Domain 2 (Emotion focused)	8	12.70%	2.33	0.46
Domain 3 (Avoidant)	1	1.59%	1.84	0.46
Overall Coping Mean $\pm$ SD	-	-	2.32	1.08

*Frequency, Percentage, mean, standard deviation

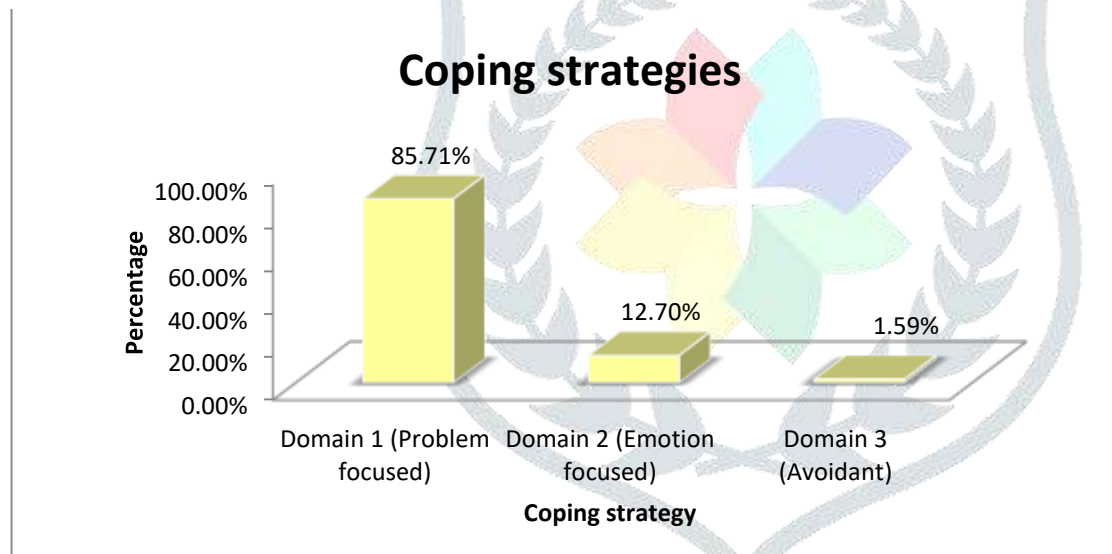


Figure 16: Bar diagram showing the distribution of coping strategies among the parents of nursing students
As depicted in Figure 16 shows that out of 63 parents of nursing students 54 (85.71%) parents had problem focused coping strategy, 8 (12.70%) had emotion focused coping strategy and 1 (1.59%) had avoidant. Hence it depicts that majority (85.71%) of the parents of nursing students had problem focused coping strategy.

Objective 2: To identify the relationship between parental stress and coping among parents of nursing students
Hypothesis H₀₂: When parents of nursing students are more stressed, they struggle to use healthy coping strategies effectively

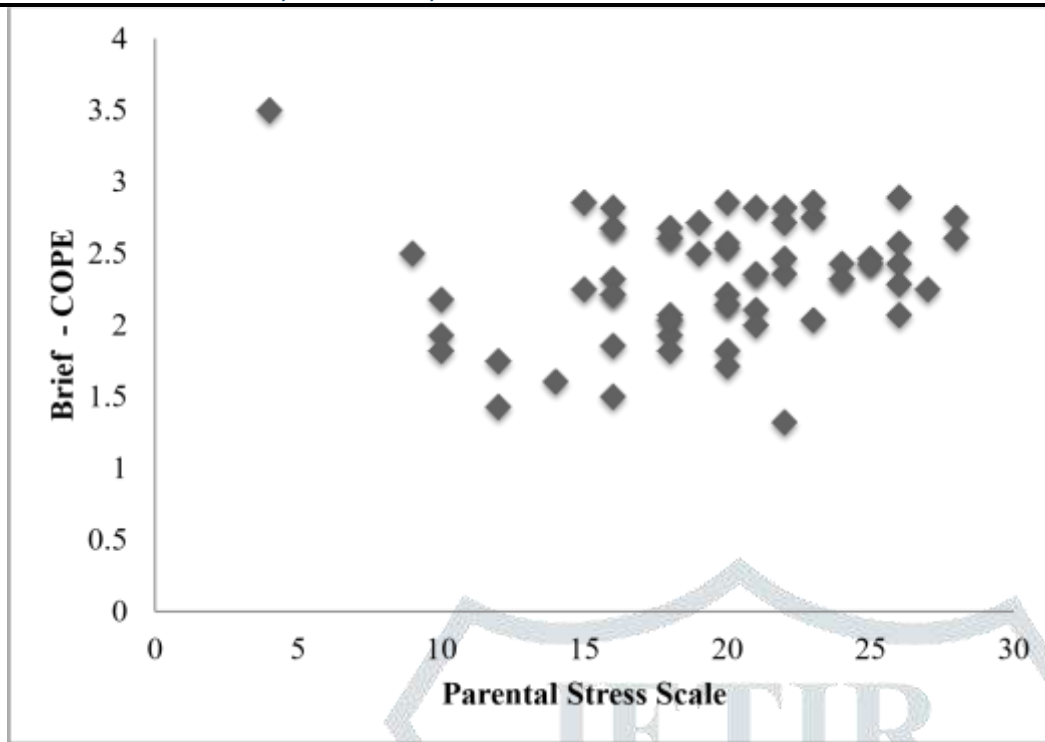


Figure 17: Scatter plot depicting the relationship between parental stress and coping strategies among the parents of nursing students (n=63)

As depicted in Figure 17, there was a moderate positive relationship between parental stress and coping strategies. This indicates that as parental stress increases, the coping strategies adopted by parents tend to increase. It can be interpreted that as parental stress increases coping among the parents of nursing students also increases. Hence the null hypothesis is rejected and alternate hypothesis is accepted.

Objective 3: To identify association of demographic variables with parental stress and coping strategies

Hypothesis H₀₃: Parental stress and coping strategies are significantly associated with parents and nursing student's characteristics.

Table 5.a: Association of demographic variable of the parents of nursing students and parental stress
n=63

Age								
35-39	11	17.50%	0	9	2			
40-44	19	30.20%	1	18	0			
45-49	23	36.50%	4	19	0			Non
> 50	10	15.90%	2	7	1	10.6	0.001	signific
Relation								ant
Father						0.48	0.4	Non
Mother		49.20%						signific
	31 32	50.80%	3 4	27 26	1 2			ant
Marital status Married								
	62	98.40%	7	52	3			
Separated/Divorce d								Non
Widow/Widower	0		0	0	0			signific
	1	0% 1.60%	0	1	0	0.19	0.6	ant
Education qualification								
No formal education								
	2	3.20%	0	2	0			
Up to 5th std education								
6th to 12th standard								
Graduate								
Post graduate and above	4		0	4	0			
	31	6.30%	4	26	1			Signifi
	17	49.20% 27%	3	12	2			*
	9	14.30%	0	9	0	5.85	0.01	cant
Occupation								
Private	8	12.70%	2	5	1			
Government	16	25.40%	1	15	0			Non
Self employed	14	22.20%	3	11	0			Signifi
Unemployed	25	39.70%	1	22	2	7.91	0.004	cant
Frequency	Percentage	Chi	p					
Variables	(f)	(%)	Low	Moderate	High	square	p value	Result
						value		

*p value<0.05 = significant, chi square, frequency, percentage

Variables	Frequency (f)	Percentage (%)	Low	Moderate	High	Chi square	p value	Result
Family income (Monthly)								
< 6293	4	6.30%	0	4	0			

6294-18,858	16	25.40%	2	13	1			
18,859-31,434	13	20.60%	2	10	1			
31,435-47,034	6	9.50%	0	6	0			
47,035-62,874	6	9.50% 27%	1	5	0			
62,875-12,2574	17	1.60%	2	14	1			
12,2575 and above	1		0	1	0			
						3.23	0.07	Non significant
Religion Hindu								
	58	92.10%	7	48	3			
Muslim	2	3.20%	0	2	0			
Sikh	1	1.60%	0	1	0			
Christian	2	3.20%	0	2	0			
Other	0	0%	0	0	0			
						1.02	0.31	non significant
Number of children								
1	4	6.30%	1	3	0			
2	28	44.40%	4	23	1			
> 2	31	49.20%	2	27	2	2	0.14	Non significant
Type of family								
Nuclear	45	71.40%	5	37	3			
Joint	18	28.60%	2	16	0	1.27	0.26	Non significant
Type of residence Urban								
Rural	45	71.40%	5	39	1			
	18	28.60%	2	14	2	2.26	0.13	Non significant
Housing								
Own	53	84.10%	6		3			
Rented	10	15.90%	1	44 9	0	0.63	0.42	Non significant
Any medical/psychiatric illness in family								
Yes	10	15.90%	0	10	0			
No	53	84.10%	7	43	3	2.24	0.13	Non significant
History of substance use								
Yes								
No	4	6.30%	1	3	0			
	59	93.70%	6	50	3	0.99	0.32	Non significant

Table 5.b: Association of demographic variable of the parents of nursing students and parental stress
n=63

*p value<0.05 = significant, chi square, frequency, percentage

The association between parental stress and socio-demographic variable of the parents of nursing students is seen in Table 5. Since the obtained p value of education qualification is less than the table value at 0.05 level of significance hence it indicates that there is a significant association of parental stress and education qualification of the parents of nursing students.

It can be interpreted that as parental stress among the parents of nursing students is associated with the socio-demographic characteristic of parents of nursing students. Hence the null hypothesis is rejected and alternate hypothesis is accepted.

Table 6: Association of demographic variable of nursing students and Parental Stress
n=63

Variable	Frequency (f)	Percentage (%)				Chi square	p value	Result
			Low	Moderate	High			
Age (in year)								
17–20	48	76.20%	7	40	1			
21–25	15	23.80%	0	13	2			
26–30	0	0%	0	0	0			
> 30	0	0%	0	0	0			*
						5.24	0.02	Significant
Current living arrangement								
Hosteller								
Day scholar	51	81%	8	41	2			Non
	12	19%	0	11	1	2.42	0.11	significant
Primary financial support for education								
Family support	45	71.40%	5	37	3			
Scholarship study loan	5	7.90%	1.60%	1	4	0		
option 1 and 2 option 2 and 1		6.30%	1.60%	0	1	0		
3 option 1 and 3 option 1, 2 4		6.30%	0	4	0			
and 3	1	4.80%	0	1	0			
	4		0	4	0			
	3		1	2	0			*
						4.43	0.03	Significant

*p value<0.05 = significant, chi square, frequency, percentage

The association between parental stress and socio-demographic variable of nursing students is seen in Table 6. Since the obtained p value of the age of student and primary financial support is less than the table value at 0.05 level of significance hence it indicates that there is a significant association of parental stress and the age and primary financial support of the nursing student.

It can be interpreted that as parental stress among the parents of nursing students is associated with the socio-demographic characteristic of nursing students. Hence the null hypothesis is rejected and alternate hypothesis is accepted.

Table 7.a: Association of demographic variable of the parents of nursing student and Brief – COPE
n=63

Variables	Frequency (f)	Percentage (%)	Problem focused	Emotion focused	Avoidant	Chi square	p value	Result
Age								
35–39	11	17.50%	10	1	0			
40–44	19	30.20%	17	1	1			
45–49	23	36.50%	18	5	0			Significant
> 50	10	15.90%	9	1	0			*
						5.02	0.02	t
Relation								
Father								Significant
Mother	31	49.20%	26	4	1			*
	32	50.80%	28	4	0	4.45	0.03	t
Marital status Married								
	62	98.40%	53	8	1			
Separated/Divorced	0	0%	0	0	0			Non
Widow/Widower	1	1.60%	1	0	0			significant
						0.16	0.68	

Education qualification

No formal education

	2	3.20%	1	1	0			
Up to 5th std education								
6th to 12th standard								
Graduate	4	6.30%	4	0	0			
Post graduate and above	31	49.20%	26	4	1			
	17	27%	15	2	0			
	9	14.30%	8	1	0	4.19	0.04	Non significant

Occupation

Private	8	12.70%	6	2	0			
Government	16	25.40%	13	2	1			
Self employed	14	22.20%	13	1	0			
Unemployed	25	39.70%	22	3	0	4.48	0.03	Significant *

Family income
(Monthly)

< 6293	4	6.30%	4	0	0			
6294-18,858	16	25.40%	15	1	0			
18,859-31,435	13	20.60%	10	2	1			
31,436-47,034	6	9.50%	5	1	0			
47,035-62,874	6	9.50%	4	2	0			
62,875-12,2574	17	27%	15	2	0			
12,2575 and above	1	1.60%	1	0	0	7.8	0.005	Non Significant t

*p value<0.05 = significant, chi square, frequency, percentage

Table 7.b: Association of demographic variable of the parents of nursing student and Brief – COPE
n=63

Variables	Frequency (f)	Percentage (%)	Problem focused	Emotion focused	Avoidant	Chi square	p value	Result
Religion Hindu	58	92.10%	50	8	0			
Muslim	2	3.20%	2	0	0			
Sikh	1	1.60%	1	0	0			
Christian	2	3.20%	1	0	1			
Other	0	0%	0	0	0	31.56	0	Non Significant
Number of children								
1	4	6.30%	3	1	0			
2	28	44.40%	25	3	0			
> 2	31	49.20%	26	4	1	1.7	0.19	* Significant
Type of family								
Nuclear	45	71.40%	37	7	1			
Joint	18	28.60%	17	1	0	1.63	0.2	Non significant

Type of residence								
Urban	45	71.40%	40	5	0			Non
Rural	18	28.60%	15	2	1	2.54	0.11	significant
Housing Own								
Rented	53	84.10%		5	1			Non
	10	15.90%	47 8	2	0	1.1	0.29	significant
Any medical/psychiatric illness in family Yes								
No	10	15.90%	8	2	0			Non
	53	84.10%	47	5	1	1.1	0.29	significant
History of substance use								
Yes	4	6.30%	2	2	0			
No	59	93.70%	53	5	1	6.56	0.01	Significant

*p value<0.05 = significant, chi square, frequency, percentage

The association between coping strategies and socio-demographic variable of the parents of nursing students is seen in Table 7. Since the obtained p value of the age, relation with student, education qualification, occupation and history of substance use is less than the table value at 0.05 level of significance hence it indicates that there is a significant association of coping strategies and the age, relation with student, education qualification, occupation and history of substance use of the parents of nursing students.

Variables	Frequency (f)	Percentage (%)	Problem focused	Emotion focused	Avoidant	Chi square	p value	Result
Age (in year) 17–20	48	76.20%	42	5	1			
21–25	15	23.80%	13	2	0			
26–30	0	0%	0	0	0			
> 30	0	0%	0	0	0	1.72	0.18	non significant
Current living arrangement								
Hosteller								
Day scholar	51	81%	44	6	1			non
	12	19%	11	1	0	0.37	0.54	significant
Primary financial support for education								
Family support	45	71.40%	41	4	0			
Scholarship study loan	5	7.90%	2	2	1			
option 1 and 2 option 2 and 1		1.60%	0	1	0			
3 option 1 and 3 option 1, 2 and 3	4	6.30%	4	0	0			
	1	1.60%	1	0	0			
	4	6.30%	4	0	0			
	3	4.80%	3	0	0	26.4	0	non significant

It can be interpreted that as coping strategies among the parents of nursing students is associated with the socio-demographic characteristic of parents of nursing students. Hence the null hypothesis is rejected and alternate hypothesis is accepted.

Table 8: Association of demographic variable of nursing students with Brief – COPE n=63

*p value<0.05 = significant, chi square, frequency, percentage

The association between coping strategies and socio-demographic variables of nursing students is seen in Table 8. Since none of the obtained p value is less than the table value at 0.05 level of significance hence it indicates that there is no significant association of coping strategies and the socio-demographic variables of nursing students. It can be interpreted that as coping strategies among the of nursing students is associated with the socio-demographic characteristic of parents of nursing students. Hence the null hypothesis is accepted and alternate hypothesis is rejected.

DISCUSSION

The present study revealed that on assessing mean parental stress score among the parents of nursing students was found to be 19.44 with SD 1.13. This showed that majority of the parents of nursing students were having moderate level of parental stress. Moreover, similar findings were revealed in various studies that parents of students experienced medium-high levels of stress.

The present study revealed that there was a moderate negative relationship between parental stress and coping among the parents of nursing students, which was interpreted as the parental stress increased various positive coping strategies were adopted by the parents of nursing students.

The present study finding were similar to previous literature revealed that parents of students had positive relationships between parental stress and coping strategies

Present study findings revealed significant associations between coping strategies with the age of the parents ($p=0.02$), relation ($p=0.03$), occupation ($p=0.03$), number of children ($p=0.19$) and history of substance use ($p=0.01$).

Hence it can be interpreted that the middle age group parents used various coping strategies. Mothers are much closer to their children which reflect their positive problem focused approach. Parent's unemployment status increases high tendency to adopt more coping strategies. Parents with more than 2 children become habitual about parenting demands and tend to cope more. Parents with negative history of substance use assume to have high coping strategies.

Implications of study findings

The findings of the study have several implications for nursing practice, nursing education and nursing administration and future researchers.

Some of them are mentioned below

Nursing practice

- Student nurses evaluate the physical, emotional, and environmental challenges parents may be experiencing. This can be achieved by utilizing standardized tools or conducting direct interviews to identify the underlying causes of stress.
- Student nurses may educate parents about the effects of stress on the body and mind ,and offer coping strategies such as relaxation techniques, mindfulness, and deep breathing exercises.

Nursing education

- Nurse educators are crucial role model in providing a foundation for research based practices. When a nurse educator refers to research findings regularly in their lecture, the nursing student will soon get the message that research is an important foundation for practices; they must have knowledge regarding stress and how to cope up with it.
- Nursing programs include teaching graduate and postgraduate nursing students about the physiological and psychological aspects of stress, the impact on health, and various techniques for managing stress effectively.

Nursing administration

- In order to support parenting in healthcare settings, nursing administrators need to make sure that staff members are trained to recognize parental stress and coping mechanisms.
- Nurses are often at the forefront of managing parental stress in clinical settings. Nursing administration should provide ongoing training for staff to understand signs of parental stress and teach them effective coping strategies. This includes training on communication skills, emotional support, and techniques to help families cope with the stress of illness or hospitalization.

Limitation of the study

- The study is limited to parents of B.Sc. (Hons.) nursing students of 1st semester in selected college of nursing in Delhi.
- Parents of nursing students, who are willing to participate in the study.

Conclusion

The study reveals that most parents of nursing students experience moderate stress levels and utilize positive coping strategies. A moderately positive correlation was identified between parental stress and coping strategies, indicating that as stress level rise, parents are more likely to adopt coping strategies. **Recommendations for future research**

- Explore the potential for digital health solutions (e.g., mobile apps, telehealth counseling, or online support groups) in alleviating parental stress. With the growing use of technology, these interventions could reach a wider population, particularly for parents in remote or underserved areas.
- Evaluate the way different parent stress management techniques or interventions work. This could involve community-based therapies, social support networks, cognitive-behavioral therapy, or mindfulness training. It is essential for practice to understand which strategies are most efficient in specific circumstances.
- To learn about further the long-term effects of parental stress on mental and physical health, conduct long-term studies. This may help in determining the effectiveness of long-term coping mechanisms during crucial times of increased stress.

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